

Community Resource Report: Food Lifeline

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*What they do* – Food Lifeline is a nonprofit organization that works to fight hunger in Western Washington.

*How they do it* – Food Lifeline receives food that is usable but not sellable from local restaurants, caterers, retailers and wholesalers. Every day Food Lifeline picks up food that has reached its sell by date or that will not be used. This food is distributed to food banks, meal programs and shelters. 96 cents of every dollar they receive is spent on feeding hungry people.

*Who they help* – Last year Food Lifeline distributed over 35 million pounds of food which is equal to 27 million meals. They regularly provide food to over 745,000 people. In 2010 35% of the people Food Lifeline helped were children, 14% were seniors, 45% had post-secondary education while only 9% were homeless.

*What we can do* – There are three ways that we can help Food Lifeline: monetary donations, food donations or volunteering our time. While the projects change for volunteers at Food Lifeline the opportunities are always rewarding and educational. Some examples of volunteer opportunities include labeling products, inspecting and sorting food or repackaging bulk donated products. Groups must include 1 adult for every 5 children, and 1 adult for every 4 children age 6-9, and are limited to 25 people including adults.

To volunteer at Food Lifeline request a volunteer session at: <http://www.foodlifeline.org/help/volunteer/GroupOpportunities.html>

*What we learn* - Hunger is a problem that effects a large population in our region but is often overlooked, this volunteer opportunity gives us a chance to address this problem. Students could study hunger, it causes and effects in many subjects. In preparation for volunteering students In social studies could study the problem of hunger, in science the life span of food and the path food takes, and in math percentages and ratios of hungry people in our region. In addition to this volunteer opportunity students could study these same topics and hold a food or money drive for donations for Food Lifeline.